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TIPS FROM VICTORIA'S SECRET ANGEL ALESSANDRA AMBROSIO'S PERSONAL TRAINER ON HOW TO ACHIEVE POST-BABY BODY PERFECTION

PAGE 18

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Tuesday, June 19, 2012

News worth sharing.

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Interlock rules to come with impaired laws

Legislation. First phase of new laws will come into effect July 1

 **JEREMY
NOLAI**
jeremy.nolais@metronews.ca

Drivers convicted under Alberta's incoming impaired driving legislation could be forced to deal with the repercussions for years.

That's because the province announced during a rollout of the new laws — which many members of the legal community have deemed the toughest in Canada — guilty drivers will

be forced to partake in an interlock program.

Interlock devices require a driver to provide a clean breath sample through a dashboard device before gaining the ability to turn the ignition.

"The interlock device in other jurisdictions has been a proven way to change behaviours," Alberta Transportation Minister Ric McIver said Tuesday.

Mandatory interlock use will be required for a year following a first conviction, three years following a second and five years following a third. Drivers involved with the program will fork out approximately \$1,300 annually to use

the devices as well.

This all comes on top of indefinite licence suspensions for those who provide a blood-alcohol sample over .08 and three-day vehicle seizures for .05 blood-alcohol violations.

Calgarian Akash Brar believes the new interlock requirement is a good move. His brother, 20-year-old Arsh Brar, was killed in a collision involving an allegedly impaired driver in January.

"It's a safer system," Akash Brar said. "With Checkstops, it's not only the people in one area, this would cover everyone." More information about the new legislation is available at knowthelimits.ca.

Magnotta back on home soil

Suspected killer in body-parts case arrives in Quebec, where he is expected to be charged with first-degree murder PAGE 8

Boomeranging back to the nest

Struggling to find work and overloaded with debt, children ages 20 to 34 return home to mom and dad PAGE 22

When to say 'I'm sorry'

Charles the Butler gives advice on how to handle a family argument that results in demands for an apology PAGE 24



Alberta Transportation Minister Ric McIver demonstrates how an ignition interlock device works during a rollout of new provincial impaired-driving legislation. JEREMY NOLAI/METRO



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Police report

Man in critical condition after downtown assault

Edmonton police are investigating an aggravated assault that took place in the downtown core late Sunday morning.

Police chief Rod Knecht confirmed the file was under investigation on Monday at a press conference on an unrelated matter.

The man, reported as homeless, is in critical condition in hospital with life-threatening head injuries following the assault and robbery in front of the Boyle McCauley Health Centre.

Police were called to the location after the man was found face-down on the pavement. **METRO**

Health appointment

New chief medical health officer named in Alberta

Alberta has named a new chief medical health officer.

Dr. James Talbot takes over from Dr. Andre Corriveau.

Corriveau came from the Northwest Territories to take the job in 2009 — just weeks before the H1N1 scare — but his contract expired in March and he decided to move back to Yellowknife.

Talbot has been an associate clinical professor in the School of Public Health at the University of Alberta for the last eight years.

His experience spans private practice, laboratory, hospital and government settings, including a stint as an associate health officer for Edmonton Capital Health.

Talbot, who grew up and studied in Alberta, was at one time the chief medical health officer for Nunavut.

THE CANADIAN PRESS



G4S Canada president and CEO Jean Tallion, left, listens as police chief Rod Knecht addresses the media at EPS headquarters on Monday. HEATHER MCINTYRE/METRO

Accused triple-murderer co-operating, police say

Remanded. Suspect remains in B.C. but will be in Edmonton within next six days



HEATHER MCINTYRE

heather.mcintyre@metronews.ca

The accused in a triple murder could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C.

"I can tell you that Travis Baumgartner is co-operating with our investigators and, based on this, we're completing numerous investiga-

tive tasks," Supt. Bob Hassel, of EPS' criminal investigative division said Monday.

A "thorough forensic examination" of Baumgartner's truck is done, said Hassel, though police have not recovered his company-issued gun or body armour.

Baumgartner, 21, was detained Saturday while attempting to cross into the U.S. with approximately \$330,000.

He faces eight charges in a shooting at the University of Alberta's HUB Mall Friday that left three fellow armoured-car guards dead and another in critical condition.

"I cannot begin to describe the shock and grief the G4S family is still feel-

ing after the tragic event Friday," said G4S Canada president and CEO Jean Tallion.

In addition to the police investigation, which EPS officials said involved approximately 200 officers in the first 48 hours, G4S has brought in security experts for an internal look and will make any necessary changes, said Tallion.

Police Chief Rod Knecht, who will personally visit each of the victims' families this week, said supports are available for both them and officers on the case.

"Our investigators have described the scene as one of unimaginable carnage," he said.

The victims

- Victims include Eddie Rejano, 39, Michelle Shegelski, 26, and Brian Ilesic, 35.
- According to Hassel, survivor Matthew Schuman "is improving but he is still in critical condition."
- A trust fund has been set up for the families through TD Canada Trust locations or 94s.com.

Follow Heather McIntyre on Twitter @Metro_Mac

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NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A new study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the entire story.

Mobile news



Facebook just got a whole lot more tech savvy after purchasing a facial-recognition technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.



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Charter. Cities, province commit to talks that will define government roles



KATIE
TURNER
Metro in Calgary

With signatures on the dotted line, the province and city officials from Edmonton and Calgary have committed to talks about the roles each government should play.

Minister of Municipal Affairs Doug Griffiths, along with Edmonton Mayor Stephen Mandel and Calgary alderman Jim Stevenson, signed a memorandum of understanding Monday committing to discuss city charters.

"Moving from 3.8 million people to 4.8 million people over the period of a decade creates incredible challenges but it also creates incredible opportunities," said Griffiths. "It's not just the province of Alberta that has challenges in adapting to the growth, it's many of our municipalities."

Mandel said there are several issues cities need to discuss with the province including policing and growth.

"I think it's a bellwether day because our province is

City-charter talks

- The first stage of the discussions, in which issues will be identified, will be completed by September.
- Between October and February 2013, solutions will be developed.
- The agreement will be presented for consideration in the spring of 2013.

trying to find a way to work with us to come up with solutions to some of the major problems we face."

Ald. Jim Stevenson reiterated what Mayor Naheed Nenshi has long advocated.

"This is the first step but it's a very, very important step that we have agreed that we need to talk about roles and responsibilities," said Stevenson.

Follow Katie Turner on Twitter @Metro_Katie

Centenary celebrations. Alberta legislature time capsule unearthed

After more than a century, a small box filled with artifacts by people with big dreams once again saw the light of day at the Alberta legislature as a time capsule was unearthed Monday.

The time capsule was buried in October 1909 under the east cornerstone of the legislature.

"Today's unearthing of a little piece of history may seem small, but its true magnitude is revealed when we consider that it (was) placed by those who could only dream of what we have become today," said

Heather Klimchuk, Alberta's minister of culture.

The time capsule will be opened during the official centenary celebrations on Sept. 2, said Hon. Gene Zwozdesky, Speaker of the legislative assembly.

Until that date, the capsule will be displayed in the legislature rotunda, where Albertans will have an opportunity to guess the contents and voice their opinions on what should be placed in the next time capsule, to be buried for 100 more years. LAURIE CALLSEN/METRO



Hon. Gene Zwozdesky, Speaker of the legislative assembly, left, and Culture Minister Heather Klimchuk receive a time capsule that was buried under the east cornerstone of the Alberta legislature. LAURIE CALLSEN/METRO

Charity centre scores \$500K gift

The Jerry Forbes Centre, which will provide a home for local charities such as Santa's Anonymous and the Christmas Bureau when it opens in 2013, received a \$500,000 gift from the Suncor Energy Foundation on Monday. METRO

Music

Blues at Muttart

Music at Muttart kicks off Thursday with a performance from Blues Hall of Fame musician Marshall Lawrence, 6-9 p.m. Each month will feature a different musical evening with regular admission. METRO

Real estate

For sale, cheap: Beachfront land

A report from Re/Max real estate Monday shows a decline in the value of beachfront property in Sylvan Lake. A typical three-bedroom winterized property at \$1.125 million in 2009 is \$750,000 this year. METRO

Protest

Have your say

LRT open houses

Public input is being sought on the northwest LRT extension at a pair of open houses, to be held Tuesday at Caenarvon School and Wednesday at Calder Hall from 4 p.m. to 8:30 p.m. METRO

March in support of refugees

Edmonton doctors and health-care workers protested Monday against \$4 million in federal budget cuts that they will stop payments for drugs, vision care and dental care for refugees. METRO

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Authorities 'confident' of conviction in Mexico beating

Court. Prosecution wraps after submitting new evidence in attack on Calgary's Sheila Nabb



JEREMY
NOLAIIS

Metro in Calgary

Prosecutors have wrapped their case in the violent beating of a Calgary woman at a Mexican resort and say the fact

the accused has not been freed is proof of his guilt.

Calgarian Sheila Nabb, 37, was found lying naked in a pool of her own blood inside an elevator at the Hotel Riu Emerland in Mazatlan in January. Days after the attack, area resident Jose Ramon Acosta Quintero, 38, was arrested and charged with attempted murder.

"This is a shut case as far as we are concerned," Frank Cordova, secretary of state for Sinaloa State, which includes

Quoted

"In my 20-year career, I have only seen one or two cases overturned at this point."

Frank Cordova, Sinaloa's secretary of state

Mazatlan, told Metro. "I am 99 per cent confident in a conviction." He also alluded to additional evidence obtained in the weeks following the beating.

which he claims included articles of Quintero's clothing that were covered in Nabb's blood.

The victim, who has returned to Calgary to continue her recovery, also submitted written testimony claiming Quintero has "similar characteristics" to her attacker, but that she could not definitively identify him, Cordova said.

If convicted of attempted murder, Quintero could be sentenced to 12 years in jail and would likely serve eight, Cordova said.



Mexican officials believe a conviction is imminent in the beating of Calgaryan Sheila Nabb, seen with her husband, Andrew. The accused, Jose Ramon Acosta Quintero, inset, remains behind bars. METRO FILE

Domestic violence. Abusive relationships more common for teen moms: Survey

A national survey that found teen moms much more likely to be involved in an abusive relationship than older moms comes as no surprise to the head of an Edmonton organization that works with teen parents.

"The large majority of our 600 young moms and dads have faced domestic-violence issues," said Karen Mottershead of the Terra Centre for Teen Parents.

This is the first national survey done of mothers concentrating on "almost softer side" questions, said University of Alberta assistant nursing professor Dawn Kingston, the lead researcher.

The survey covered topics from breast-feeding to smoking and drug use to post-partum depression, Kingston said.

The survey of 6,400 mothers found 41 per cent of teen moms (ages 15 to 19) report having been physically abused, compared to 21.8 per cent for young adults (ages 20 to 24), and just eight per cent for moms 25 and older.

Mottershead hopes the

Survey results

- Almost 30 per cent of teen moms smoked during pregnancy compared to eight per cent of adult moms.
- Twenty-five per cent of teen moms used illicit drugs before pregnancy compared to 4.7 per cent of adult moms.
- Only 72 per cent of teen moms took a multi-vitamin during pregnancy compared to 91 per cent of adult moms.
- Fifty-one per cent of teen moms were married at the time of their child's birth.

report will mean more resources for teen parents.

"Hopefully it will draw some attention to the needs of this special population," she said. "They do require specialized mental health services and supports."

MAURICE TOUGAS/METRO

18-hour incident

Standoff in city's southwest ends peacefully

A standoff with an armed man in southwest Edmonton ended peacefully after 18 hours.

Police were called to a house near Haliburton Crescent and Haliburton Road around 7 p.m. Sunday after a report of a domestic dispute.

EPS spokesperson Clair Seyler said a man, who was alone in the house, had access to weapons and was possibly mentally unstable.

The police and the suspect were in constant contact until 1 p.m. Mon-

day. Seyler said that once the team lost contact with the suspect, they feared for his health and used an armoured vehicle to take down the door of the garage, where they believed he was located.

"From the beginning, we wanted a safe resolution, which is why we took things very slowly. We were very happy with the outcome," she said.

He was arrested without incident and was taken to hospital as a precaution.

All residents who left their homes are now allowed back in.

Seyler said charges may be laid pending an ongoing investigation.

LAURIE CALSEN/METRO

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Fake acquisition

Chinese trader fabricates bank

Chinese trader Lin Chunting has taken fakery to a whole new level: He invented a U.S. bank and claimed he bought it.

The little-known businessman shot to fame in January when state media reported that he had taken over Delaware-based Atlantic Bank. The unprecedented acquisition brought him praise: His hometown gave him a prestigious political appointment and state media called his business experience "legendary."

Not only did he not buy Atlantic Bank in Delaware for \$60 million US as he claimed, but there is no Atlantic Bank in that state. Lin, who was arrested in early June, could not be reached for comment. But the 41-year-old's short, spectacular rise and fall shows how fakery has evolved in China, morphing from the manufacture of copycat goods to entire institutions and careers.

THE ASSOCIATED PRESS

North Carolina zoo

Bull elephant prescribed giant contact lenses

After C'sar the bull elephant lost weight, grew depressed and underwent surgery because of eye trouble, his keepers at a North Carolina zoo began to consider a pioneering move in pachyderm medicine: giving him a set of king-size contact lenses.

Officials at the North Carolina Zoo in Asheboro and the North Carolina State University's College of Veterinary Medicine are weighing whether the risks are worth it. C'sar's caregivers said an elephant has never been fitted with corrective lenses, and they are unsure if they want C'sar to be the world's first test subject.

THE ASSOCIATED PRESS



Sweet relief from the scorching heat

An boy jumps into a water canal to cool off in Amritsar, India, Monday. Light rain in most parts of the northern region provided much relief to people from the scorching heat. ALTAF QADRI/THE ASSOCIATED PRESS

Mr. Ugly misses out on modelling

Dubious honour.

Zimbabwe man beat out four other ugly men to land title, \$100 and a night at a hotel — which he exchanged for food money

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some

adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

Masvinu said he has long lived with being shunned, even by his own family.

"My mother died when I was three and no one wanted to take care of me or send me to school because of my looks," he said.

When he smiles, it looks like he is crying or in pain, his fans say. His wife, Alice Chabanga, isn't concerned about his looks.

At his side in the market, Chabanga said she was drawn to Masvinu because of his



William Masvinu, winner of the Mr. Ugly competition in Zimbabwe.
THE ASSOCIATED PRESS

kindness, cheerfulness and humour in the hardest of times.

"She was the only one who wanted me and she knows she has no competition," Masvinu said.

THE ASSOCIATED PRESS

Thailand. Topless art stirs morality debate

An episode of "Thailand's Got Talent" has stirred a morality debate after a contestant painted a canvas using her bare breasts, drawing a rebuke from the culture minister who called it shocking.

Thailand's Culture Minister Sukumol Kunplome summoned the show's producers Monday, saying that nudity on public television is not considered appropriate in Thai society.

On Sunday evening, the

show featured a 23-year-old artist who politely addressed the judges, then turned to face her canvas.

She removed her shirt, doused her torso with multi-colored paint and used her body as a paintbrush while dance music played in the background.

She advanced to the next round after a female judge rejected her but two male judges voted her through.

THE ASSOCIATED PRESS

Australia. Aboriginal art dated 28,000 years old

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: an Aboriginal work created 28,000 years ago in an Outback cave.

The dating of one of the thousands of images in the Northern Territory rock shelter known as Nawarla Gabarnmang will be published in the next edition of the Journal of Archaeological Science.

THE ASSOCIATED PRESS



Ancient Aboriginal rock art found in Australia. THE ASSOCIATED PRESS

Man with no legs climbs Kilimanjaro

Redefine possible.
Spencer West climbs
Africa's tallest and
most famous mountain

 **ELISHA DACEY**
Metro in Winnipeg

An American man who challenged tens of thousands of

Canadian teens to redefine what's possible last year has done the same thing for himself. Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.

Seven day climb

West has helped raise more than \$500,000 for Free the Children during the climb.

- He spent 80 per cent of the climb walking on his hands; the rest in his chair or strapped to a team member's back.



Spencer West leads the expedition on Mount Kilimanjaro on Day 6.
FREE THE CHILDREN

Chilliwack, B.C. Pilot in hang-gliding fatality to be tried for obstructing justice

A hang-gliding pilot will stand trial next year in connection with the death of a woman who plunged to her death over the Fraser Valley in April.

William Jon Orders appeared in Chilliwack court on Monday, and his court date has been set for next April 15. He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over scenic British Columbia,



William Jon Orders leaves a courthouse in Chilliwack Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

his goal was to give her an "amazing adventure" and "lots of smiles."

Instead the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Winnipeg

Several people injured by bear spray

Several people, including a baby, needed medical attention after bear spray went off in a tent at the Red River Exhibition in Winnipeg on the weekend.

Police say the five-month-old infant and a dozen others were hit with the spray while inside a first-aid tent on Sunday.

No one was seriously injured.

Charges are pending against three boys, ages 12 and 13.

THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. Collusion was made easier by an underqualified civil service. THE CANADIAN PRESS

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Right to die. 'We have emerged from the Dark Ages,' ALS patient says

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time, and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith sus-

Quoted

"When it's time it's God's will, not mine, and I'll leave it at that."

Gloria Taylor, Lou Gehrig's disease patient

pended her ruling for one year to allow Parliament time to make its next move, but granted an exemption that allows Taylor to seek doctor-assisted death during that period.

"(People) want to die peacefully," Taylor said, "not screaming in pain and not with the government in their bedroom."

Taylor said her condition has deteriorated to the point where she is losing her voice, needs a feeding tube and is restricted to her wheelchair, but she's made no decisions on when she'll contact a doctor and is living her life "one day at a time."

"I'm not there yet," she said. "I'm still here living and I hope for a long time. When it's time it's God's will, not mine, and I'll leave it at that."

PHYLICIA TORREVILLAS/
METRO IN VANCOUVER



Gloria Taylor
PHYLICIA TORREVILLAS/METRO

Alleged killer Magnotta returns to face justice



A convoy of police vans leaves Mirabel airport carrying Luka Rocco Magnotta on Monday in Mirabel, Que. PAUL CHIASSON/THE CANADIAN PRESS

Body-parts case.

Suspect arrives in Quebec, where he's expected to be charged with first-degree murder

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home to face justice on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal just before 7 p.m. Monday.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed

Court appearance

The Quebec prosecutor's office said Magnotta would likely have to appear in court within 24 hours, in keeping with Article 503 of the Criminal Code.

guards, at least one carrying an assault weapon.

Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder. He could face a judge as early as Tuesday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin. THE CANADIAN PRESS

Omnibus budget-implementation bill passes Commons

The Conservative majority has passed the government's sprawling budget-implementation bill following a final evening of debate.

The vote in the House of Commons sends the 400-plus-page piece of legislation on to the Conservative-dominated Senate, where it

will become law before the end of the week.

Dubbed the Jobs, Growth and Long-term Prosperity Act, the bill has been variously described by its detractors as a "Trojan horse" and a "kitchen sink" due to its massive grab-bag of measures.

Foreign Affairs Minister

John Baird says swift passage of the bill is, in his words, "absolutely key and essential to creating a good economic climate."

But opposition MPs say the implementation bill contains dozens of hidden measures that were not part of the 2012 federal budget de-

livered in March by Finance Minister Jim Flaherty.

And many of the changes have nothing whatsoever to do with economic performance, such as shutting down the First Nations Statistical Institute or allowing the Canadian Nuclear Safety Commission to have temporary

members for up to three years.

Despite a marathon 22-hour voting session last week, Green party Leader Elizabeth May says she doubts many MPs know what's in the bill — so she's setting up a quiz Tuesday to test their knowledge. THE CANADIAN PRESS

Next stage

- The Jobs, Growth and Long-term Prosperity Act will next be subject to the Senate, where it will become law before the end of the week

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Islamist claims win in Egypt's presidential election



Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.

MANU BRABO/THE ASSOCIATED PRESS

Election. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers.

The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight.

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

• "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

of its significant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

Gunfight. Militants burst across Israeli border, kill 1

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gunbattle with Israeli troops responding to the ambush.

The Israeli was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing

lawlessness in the Sinai desert since longtime Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli airstrike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect

Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest known Russian troop deployment to Syria, signalling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

UN

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking strong UN action against Syria and standing by President Bashar Assad as his forces lay waste to rebellious cities. Russia's stance is convenient for Washington and its allies, which have their own reasons for avoiding direct intervention in another conflict. THE ASSOCIATED PRESS



Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon on Sunday. THE ASSOCIATED PRESS

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Media and devil fuelling Vatileaks scandal: Cardinal

Holy See. Vatican Secretary of State Cardinal Tarcisio Bertone critical of journalism on leaked documents

The Vatican's No. 2 official on Monday blamed the media — and the devil — for fuelling the scandal over leaked Vatican documents.

Secretary of State Cardinal Tarcisio Bertone told an Italian Catholic weekly that journalists reporting on the leaks scandal are "pretending to be Dan Brown ... inventing stories and replaying legends."

The reference to Brown is particularly acute: Brown wrote *The Da Vinci Code* and *Angels and Demons*, the best-selling fictional accounts of power struggles and scandals inside the Catholic Church.

The Vatican has been on the defensive ever since sensitive documents alleging corruption and exposing power struggles began appearing in the Italian media in January.

A recent book containing dozens of documents from Pope Benedict XVI's own desk has compounded what many see as a plot to undermine Cardinal Bertone's authority.

Several top Vatican officials have castigated the media for fuelling the scan-

Devil at play

"The truth is that there's a will to create division that comes from the devil."

Cardinal Tarcisio Bertone

dal, and, to be sure, Italian newspapers in particular have been on a feeding frenzy reporting details of the Vatican's investigation into the leaks that the Vatican spokesman routinely shoots down.

Pope Benedict XVI himself has complained about media reports that "went well beyond the facts, offering an image of the Holy See that doesn't correspond to reality." Bertone's interview took the complaints to a new level, blasting the "vehemence" of some Italian newspapers.

Bertone admitted the Holy See isn't perfect and that "none of us wants to hide the church's shadows and defects."

But he said the Italian media in particular had gone too far, violating the privacy rights of both the pope and the people who correspond with him.

"The truth is that there's a will to create division that comes from the devil," he said.

The interview is due on newsstands Thursday but was made available to journalists

Monday.

Contrary to media reports depicting factions opposed to him within the Vatican bureaucracy, Bertone said he enjoys "an extraordinary climate of communion" with his colleagues.

"Personally, I don't sense any sign of cardinals or church personalities being involved in any conquest of some phantom power," he said.

So far only one person has been arrested in the case: the pope's butler, Paolo Gabriele, a 46-year-old father of three who was arrested May 23 and accused of aggravated theft after reams of papal documents were found in his Vatican City apartment.

The Vatican spokesman, the Rev. Federico Lombardi, said Monday that a commission of cardinals investigating the leaks scandal had so far interrogated 23 people, including Gabriele as well as other lay employees and clergy, Vatican superiors and employees.

The commission members reported back to the pope on Saturday about their investigation and are continuing their work.

Gabriele continues to be held inside the Vatican police barracks, though he was allowed out on Sunday as usual to attend Mass with his family.

THE ASSOCIATED PRESS



Protesters demand Nepal's PM step down

Supporters from the opposition Nepali Congress party shout slogans during a protest in Katmandu, Nepal, Monday. Hundreds of protesters demanded the resignation of Nepal's prime minister attacked his motorcade with stones and clashing with riot police. Opposition parties want the PM to step down so a new government can conduct elections later this year. BINOD JOSHI/THE ASSOCIATED PRESS

Man beheads daughter: Police

Police say a man upset over his daughter's lifestyle chopped her head off with a sword and then paraded it through his village before surrendering to authorities in western India.

Marble miner Ogad Singh's 20-year-old daughter had been living with her parents in the Rajasthani village of Dungarji after leaving her husband two years ago.

Police superintendent

Umesh Ojha says Singh was upset by his daughter allegedly having affairs with men, and became enraged when she eloped with one of them two weeks ago.

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Ottawa rebukes UN over Bill 78 criticism

Human rights.

Conservatives defend province's right to legislate protest rules

The Charest Liberals and Harper Conservatives formed a united front Monday in condemning a United Nations agency for its criticism of Quebec's controversial Bill 78.

The latest spat, the second in recent weeks between the federal government and a branch of the UN, also sparked debate over who is responsible for the growing divide between Canada and the world body.

United Nations High Commissioner for Human Rights Navi Pillay said Monday she found the controversial Quebec law to be part of an alarming trend.

The law sets rules for gatherings of more than 50 people, requiring organizers to provide eight hours' notice of the itinerary and length of the event.

Pillay expressed her opinion of the Quebec law in a single paragraph of a long speech in Geneva during which she lamented rights violations in places such as North Korea, Zimbabwe and South Sudan.

"Moves to restrict freedom of assembly in many parts of the world are alarming,"

Canada's loss

- The NDP's foreign affairs critic Paul Dewar said Monday the latest clash between the Tories and the UN was part of a "dangerous trajectory" that dates back to Canada's historic failure to win a temporary two-year term on the powerful security council two years ago.

she said. "In the context of student protests, I am disappointed by the new legislation passed in Quebec that restricts their rights to freedom of association and of peaceful assembly."

Quebec Premier Jean Charest called it rich that the criticism came from an agency based in Geneva, a city with its own much tougher protest laws.

"It's ironic ... that they're criticizing a law that requires eight hours' notice before a protest and an itinerary, when in Geneva — where the United Nations office is — it's 30 days' notice that they require," Charest told reporters at the global environmental conference in Rio de Janeiro.

"So we're not as severe as the place that hosts the United Nations. We're more supple, and more permissive."

Industry Minister Christian Paradis, the federal government's Quebec lieu-



UN human-rights chief Navi Pillay delivers a statement during a session of the Human Rights Council in Geneva on Monday. THE ASSOCIATED PRESS

tenant, took Pillay to task for avoiding other, more serious human-rights abuses in places such as Sri Lanka, Iran and Belarus.

Foreign Affairs Minister John Baird also said he was disappointed Pillay men-

tioned Canada. "Quebec is a very democratic place, subject to the rule of law," Baird said. "People can challenge the government's decisions in court, so I stand behind the government of Quebec."

THE CANADIAN PRESS

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StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to \$65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to \$78,800 from \$77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little

Negative outlook

"Something is not working here — this is not a positive report."

Economist Benjamin Tal

improvement last year as well, analysts said.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. Statistics Canada noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes.

THE CANADIAN PRESS

Market Minute



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Natural gas: \$2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

Microsoft unveils new tablet computer, Surface

Competitive edge.

Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets.

The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's much-anticipated Windows 8 oper-



Microsoft's Panos Panay holds a credit card to compare the thickness of the case for the new Surface tablet computer on Monday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

ating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

Microsoft has been making software for tablets since 2002, when it shipped the Windows XP Tablet PC Edition. Many big PC makers produced tablets that ran the software, but they were never big sellers. The tablets were based on PC technology, and were heavy, with short bat-

tery lives.

Microsoft didn't say how long the Surface would last on battery power.

Microsoft's decision to make its own tablet is a departure from the software maker's strategy. With personal computers, Microsoft was content to leave the design and marketing of the hardware to other companies that licensed the Windows operating system and other software applications.

Whatever Microsoft's motives, the company's tablet plans risk alienating some of its longtime partners in the PC industry.

THE ASSOCIATED PRESS

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- Proficient on both PC and MAC platforms
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- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 29, 2012. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.

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SAYS...

Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free Wi-Fi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled, dressed in her 1970s hippie garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

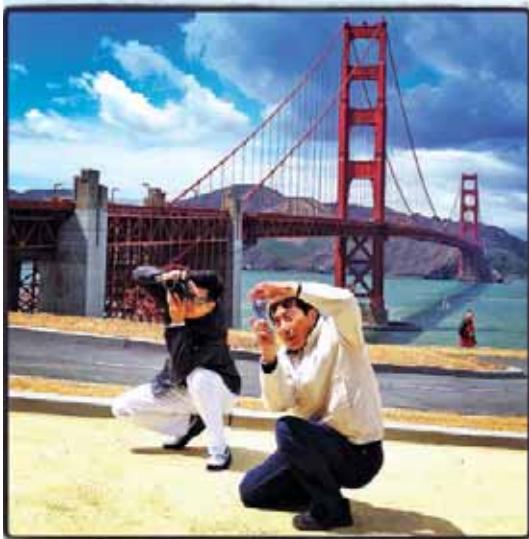
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied so meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire cottage industry by selling an idealized retro aesthetic to a new generation of shutterbugs. Except, this time around, those prints aren't treasured keepsakes stored in leather-bound albums; they're digitized, categorized, Tumbled and hashtagged until they become something else entirely.

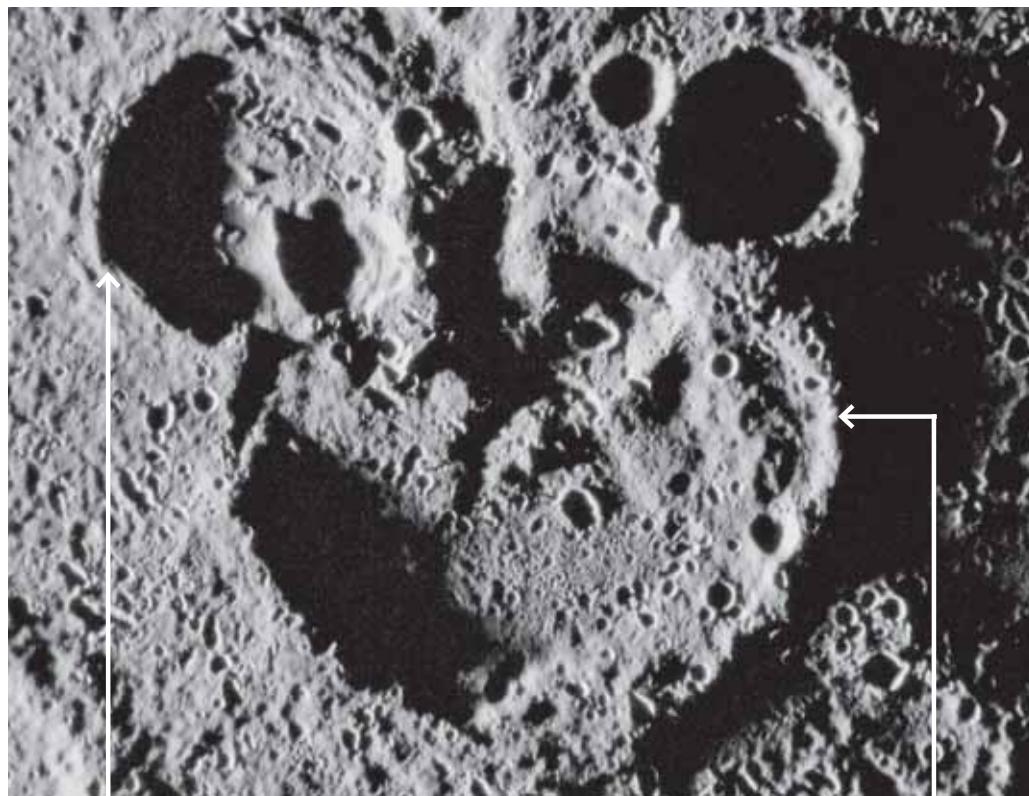
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped, the subjects' poses suggesting acute awareness of their being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, to enjoy the fleetingness of life and to let our memories be all that we take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4S with Instagram's 'LoFi' filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big celeb found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But, in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.

- Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.



'The happy face crater' on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

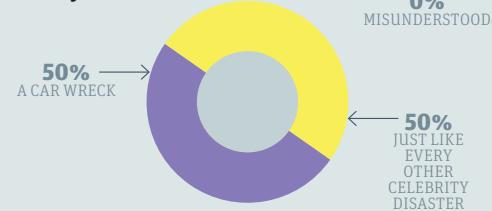
100 km

The approximate diameter of the "face" (large, middle crater) of this Mickey Mouse likeness.



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Lindsay Lohan is ...



Twitter

@riitchie: The only bad part about having a digital ETS bus pass is having every driver stop me to look at it and ask questions. #yeg #yeg-transit

@fozofalfoz: Next time you're crossing the high level bridge, remember it was built in 1898. #yeg #horse-sandwiches

@kat_szabs: Have been in #yeg for roughly

half an hour. Have yelled "what the hell" probably more times than appropriate. #solost

@VegasBroad: I need some good news. It's been hard living in #yeg the last week. Puppies, kitties, laughing babies...something to warn our hearts.

@MonDrib: Nothing makes my heart fill with #yeg pride more than 25 cent peeps.



SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with *People*, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show *The Osbournes*.

THE ASSOCIATED PRESS

On the web



Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

DVD reviews

Big Miracle

Director: Ken Kwapis

Stars: Drew Barrymore, John Krasinski, Kristen Bell

•••••

Big Miracle fictionalizes the details in its telling of the 1988 effort by residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. His reports bring Kramer and a horde of other media types, as well as local Inupiat hunters. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion. PETER HOWELL

Project X

Director: Nima Nourizadeh

Stars: Thomas Mann, Oliver Cooper

•••••

Project X is actually a slag heap of similar films, spanning the booger-flicking expanse from *Animal House* to *Superbad*. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw a party at Tom's house. The place is trashed so badly you may have to watch the screen — horrified — through your fingers. STEVE GOW



Doggone it, Wilfred and Co. are back

This ain't ALF. Lead and co-creator talks about why the show works and how he got the role

MIKE DOJC
zforcouplies.com

In *Wilfred* (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit while everyone else sees him as a cuddly mutt.

When we left off in Season One, Wilfred had hurled himself in front of a car to give Ryan the opportunity to swap Jenna's urine sample so that she'd pass her drug test,

and the door to the basement where Ryan and Wilfred often hang out turned out to be a closet.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from *Wilfred* fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles

and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a

little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

If *Wilfred* were to take Bear on a romantic date where would he take Bear?

Well he'd probably take him to West Hollywood because we don't know what Bear is, whether Bear is a girl or a guy ... It would be somewhere disrespectful, because Wilfred would probably end up banging someone in front of Bear. In the middle of a threesome is when he'd ask Bear:

As manipulative and deceptive as Wilfred can sometimes get, he still manages to be endearing and loveable in the end. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

The Glory of His presence

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Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."

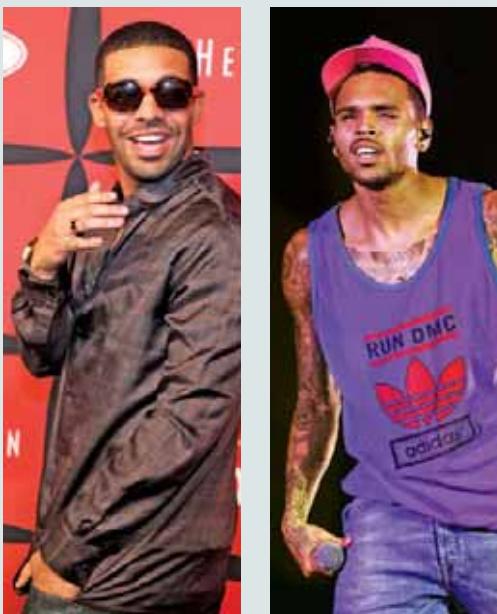


Kate Middleton

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan night-club where the incident took place, W.I.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

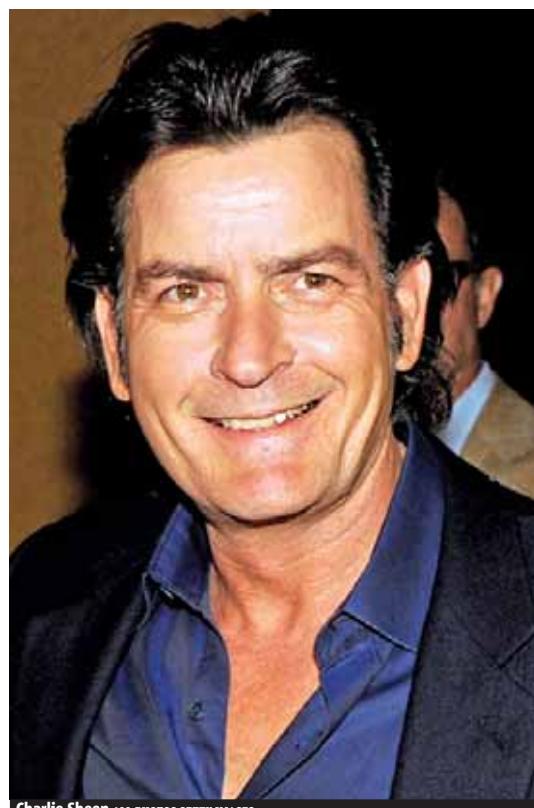
Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved.

"Chris and Drake, them two was there, but it's other people that be around that take sh—to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, Anger Management, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former Two and a Half Men star tells the New York Times.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

Charlie Sheen

somebody else's words and working in somebody else's space."

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ted june 29

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Lindsay Lohan

Want to take a snooze under the strobe lights?

Lindsay Lohan must bounce back quickly. After being treated for exhaustion Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us



@ActuallyNPH

Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurka. I'm liking this 39 stuff!



@BetteMidler

Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.



@AlbertBrooks

I worry about Lindsay Lohan. And not just because I loaned her \$100.



@lindsaylohan

Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully they're cute. Otherwise it would be a real let down.

Gomez goes wild on web, but that's where it ends

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starring in the planned movie version of the book.

"That would be a little too much for me."

3

LIFE

Health minute

Cold virus holds promise as cancer therapy

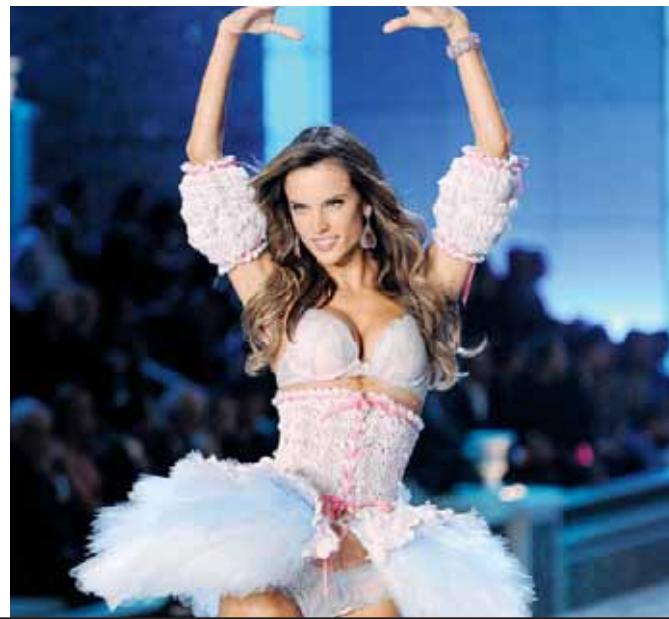
Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal *Science Translational Medicine*, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer.

THE CANADIAN PRESS

On the Web



Deaths and costs to society are lower in areas with toughest motorcycle helmet laws



From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer.
We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or

when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

baby weight. For that reason, Carvalho found a way to increase heart rate and trigger weight loss with zero impact. Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent

incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

National Aboriginal Day 2012

Presented by: Alberta



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www.aboriginal.alberta.ca

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Best Health



Cooking away the good parts



BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

Is food less healthy when heated?

In each issue of Best Health magazine, we analyze whether some common assumptions are based on fact or fiction. In our Summer issue, we look at whether cooking causes foods to lose their nutritional value. Many people think it does. But here's what we found out.

Some foods do lose their nutritional content when cooked, but to varying degrees. Gener-

ally, foods retain the most nutrients when they are steamed, stir-fried or microwaved.

Water-soluble vitamins like C and the B family leach into water and are damaged by exposure to heat, light and air. So to get the most benefit, you may want to minimally cook foods that are high in those vitamins — for example, sweet peppers and asparagus. With meat, the fat and calorie content depends on how it's prepared. Grilling and broiling will allow fat to drain away from the meat, and result in a leaner dish than one left to simmer in a sauce. For more nutritional news and information on healthy living, check out Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Decrease stress. New research shows that getting out into the wild can help to bring some calmness back to your hectic life

CELIA

MILNE
life@metronews.ca

Are you lethargic? Tired? Can't concentrate? Maybe you have green deficit disorder.

That's right. The family needs a hit of nature. Take a hike! was the theme of a recent evening at the Art Gallery of Ontario, hosted by David Suzuki and Richard Louv. Suzuki is a well-known

Quote

"The more high-tech our lives become, the more nature we need."

Richard Louv
Talking about getting back to nature



David Suzuki is encouraging people to get out and enjoy nature. GETTY IMAGES

writer, broadcaster and environmental activist in Canada, while Louv is a journalist in the U.S. who wrote, *Last Child in the Woods* and *The Nature Principle*.

"The more high-tech our lives become, the more nature we need," Louv is fond of saying.

More and more research is accumulating on the health benefits of frolicking among trees. A new study conducted at the University of Kansas

found that a group of adult backpackers were 50 per cent more creative after spending four days on the trail, implying that nature sharpens the mind.

Researchers at the University of Illinois recently found that children with attention deficit hyperactivity disorder who regularly play in green settings have milder symptoms than children who play in built settings. And scientists at Cornell University

found that children who have more contact with nature — even if it's just the view of something green from their bedrooms — experience less stress than those with less exposure.

Suzuki advises us to help protect every bit of wild nature that's left on the earth.

"We need our elders to get off the golf course and start sharing with young people what the world used to look like," he told the audience.

Signs of Aging?

You may be eligible for a research study if:

- You are 18 years of age or older
- Have facial creases called naso-labial folds that extend from your nose to the corners of your mouth

Qualified participants will receive:

- Treatment by a dermatologist
- All study related medications, products and examinations without charge

For more information please contact the study coordinator:

Amanda Carapellucci at:
Phone: (780) 424-4440 ext.2 or
[Email WcdiResearch@gmail.com](mailto:WcdiResearch@gmail.com)

The study will be conducted at the Western Canada Dermatology Institute by:

Mariusz Sapijaszko MD, FRCP(C) Dermatology
Western Canada Dermatology Institute
#950, 10665 Jasper Avenue, Edmonton, AB

Western Canada
Dermatology Institute

A new breed of lunch truck has rolled into Edmonton



Sisig (top) and Curried Lentils. CHRISTOPHER THRALL



LUNCH
RUSH
Christopher Thrall
life@metronews.ca

The lunch truck sure has evolved.

A new breed — unconnected to questionable bagged sandwiches hocked at construction sites — has parked its delicious fare all over the city.

I tracked down Filistix for a take-out container of Sisig (\$7) over rice accompanied by a side of tangy slaw, dotted with dried cherries. The marinated pork belly was tender and rich with soy and ginger.

The spicy Filipino flavours blended on my tongue and shimmied on my taste buds as they passed.

The Filistix mobile menu changes depending on available ingredients, but I do hope to catch its chicken adobo on a return visit, which will be very soon.

I may even have to resign myself to visiting CAB at the U of A or the Robbins

at MacEwan during the winter months to get my Filistix fix.

During the summer months, most trucks will tweet their location (#yegeats) or post them online, so they aren't tough to find.

And they're well worth it when you do.

Visiting the restaurant

Filstix

Address. Various locations

Website. filistix.com or @filistix.com

Rating. 4/5

Price range. Low

Reservations. No

Business lunch. No

Social lunch. Yes

Quick solo lunch. Yes

Lunch with co-workers. Yes

Salmon Dill Appetizer. Serve this fresh and light app over lettuce leaves



1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if de-

sired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI
OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat

mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

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Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in *Failure to Launch* along with Kathy Bates, left, and Terry Bradshaw back in 2006. CONTRIBUTED

Boomerang kids back in the nest?

Young and broke.

They have huge debts and can't find jobs — what to do when your children grow up and move back in



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him \$20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adult-

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

hood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around \$18,000, but the Canadian Federation of Students believes it's more like \$27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — \$50 monthly is better than nothing.

Even if that means an engineering grad must take

How times change

- Young adults with cash. In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Food for thought

Organic power shopping never pays off



FUN AND FRUGAL

Leslie Scorgie
money@metronews.ca
Twitter: @LesleyScorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my \$50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were 'why do you buy organic? It's so expensive. I can get twice

the amount of groceries for the same price.' We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often.

Fresh organic produce provides its greatest flavour and nutritional benefits

when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard – buying more than you need for the sake of a deal.

Bulk-buy non-perishables.

Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer.

Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb.

If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.



Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Build up your savings.



In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

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Family arguments can be tricky business



**CHARLES
THE BUTLER**
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metronews.ca
For more, visit
charlesmacpherson.com

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices

were raised and then all of a sudden the line went dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize? Yours truly, Ms. Diplomatic

Dear Ms. Diplomatic,
What a dilemma! I guess



my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very much to you, then I would personally just apologize and let the entire situation

close. However, if you do feel very strongly, a few points: Firstly, it was very rude of the other person to hang up on you — that is something that should never be done. If

you must hang the phone up in anger, then say so and put the phone down.

Here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's

always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain that it is OK for you both to have different opinions, but that fighting is really not the answer. Please do let us know how things turn out, best of luck!

Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends

to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony? Hungry for More

Andrea: Dear H4M,
Being single after a long relationship with that not-quite-right-someone is like being released into the



TWO SISTERS
Andrea and Claire
Life@metronews.ca

woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You

now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see

her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's e-Harmony. The older we get,

the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

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Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum \$12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds (\$57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS



David Nalbandian in London on Sunday. **THE ASSOCIATED PRESS**

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made \$85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS



Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. **CHIP SOMODEVILLA/GETTY IMAGES**

Clemens acquitted after 'a hard five years'

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relative-

ly brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed:

"Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS



NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,584 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web



The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Cassano leads Italy to quarter-finals



Antonio Cassano of Italy celebrates scoring the opening goal against Ireland on Monday in Poznan, Poland. **CLIVE MASON/GETTY IMAGES**

Blowing kisses to the crowd with a joyous grin on his face, it was a different Antonio Cassano who walked off the pitch this time.

Cassano, who wept uncontrollably after Italy was eliminated from the 2004 European Championship, scored the decisive goal Monday as Italy beat Ireland 2-0 to reach the Euro 2012 quarter-finals.

"We Italians are used to suffering, but we always give our best," said Cassano, who nearly lost his life with stroke-like symptoms seven months ago and then required minor heart surgery.

"The victory was something we struggled for but the most important thing was to get through the group."

With Italy needing a win to stand a chance of advancing, Cassano scored the first goal. He headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night in Poznan, Poland.

Substitute Mario Balotelli doubled the lead in the 90th, a minute after Ireland was reduced to 10 men when Keith Andrews picked up his second yellow card.

THE ASSOCIATED PRESS

Spain-Croatia

Unconvincing as it was, it was still enough for Spain.

- The defending Euro champions advanced to the quarter-finals on Monday, getting an 88th-minute goal from substitute Jesus Navas in a 1-0 win over Croatia.
- Spain dominated possession as expected but failed to create many clear opportunities at the Arena Gdansk in Poland.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	41	25	.621	—
Baltimore	39	28	.582	2½
Tampa Bay	37	29	.561	4
Toronto	34	33	.507	7½
Boston	33	33	.500	8

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	35	32	.522	—
Cleveland	34	32	.515	½
Detroit	32	34	.485	2½
Kansas City	29	35	.453	4½
Minnesota	26	39	.400	8

WEST DIVISION

	W	L	Pct	GB
Texas	40	27	.597	—
Los Angeles	36	31	.537	4
Oakland	31	36	.463	9
Seattle	29	40	.420	12

INTERLEAGUE

Monday's results
Milwaukee 7 Toronto 6
Arizona 7 Seattle 1
Chicago Cubs 12 Chicago White Sox 3
Cleveland 10 Cincinnati 9
Houston 9 Kansas City 7
N.Y. Mets 5 Baltimore 0
N.Y. Yankees 6 Atlanta 2
San Francisco at L.A. Angels
Texas at San Diego

Sunday's results

Toronto 6 Philadelphia 2
Baltimore 2 Atlanta 0
Boston 7 Chicago Cubs 4
Detroit 5 Colorado 0
Kansas City 5 St. Louis 3 (15 innings)

L.A. Angels 2 Arizona 0

LA Dodgers 2 Chicago WSox 1 (10 innings)

Minnesota 5 Milwaukee 4 (15 innings)

N.Y. Yankees 4 Washington 1

Pittsburgh 9 Cleveland 5

San Diego 2 Oakland 1

Seattle 2 San Francisco 1

Tampa Bay 3 Miami 0

Texas 9 Houston 3

Tuesday's games — All Times Eastern

Atlanta (T.Hudson 4-3) at N.Y. Yankees (Kuroda 6-6), 7:05 p.m.
Cincinnati (Leake 2-5) at Cleveland (Tomlin 3-4), 7:05 p.m.
Colorado (Outman 0-2) at Philadelphia (Hamels 9-3), 7:05 p.m.
Tuesday's game — All Times Eastern

BREWERS 7, BLUE JAYS 6

Toronto	ab	r	h	bi	Milwaukee	ab	r	h	bi
Lawrie 3b	5	3	2	1	Aoki rf	5	0	1	
Rasmis cf	3	1	1	0	Morgan cf	3	2	1	
Bautist rf	3	1	1	3	Axford p	0	0	0	
Encm 1b	4	1	1	1	Braun lf	5	2	1	
YEscos ss	4	0	0	0	ArFrm 3b	6	1	3	
RDavis lf	4	0	1	0	Hart 1b	4	0	1	
Arenic c	3	0	0	0	RWells 2b	4	0	2	
Ceollo p	0	0	0	0	Kottas c	3	0	1	
Oliver p	0	0	0	0	Mild ph-c	1	0	0	
Cooper ph	1	0	1	0	Maytiss ss	4	1	2	
Corner p	0	0	0	0	Wolf p	2	1	0	
Vizquel 2b	5	4	2	0	Loe p	0	0	0	
Halvz p	1	0	0	0	Frdrg p	0	0	0	
McCoy ph	1	0	1	0	Green ph	1	0	0	
Laffey p	0	0	0	0	CGomz cf	0	0	0	
YGoms c	1	0	0	0					
Kjhnsn ph	1	0	0	0					
Total	35	16	10	5	Totals	35	7	13	7
Toronto		101	100	300	—6				
Milwaukee		240	200	100	—7				

E—Lawrie (10), DP—Milwaukee 1. LOB—

9. Milwaukee 8. 2B—Lawrie (11),

Ar.Ramirez (19), Maysonet (1). HR—Lawrie

(6), Bautista (20), Encarnacion (18),

Ar.Ramirez (8), SB—Lawrie (9). CS—R.Davis

(4). S—Wolf.

Toronto IP H R ER BB SO

H.Alvarez 4 11 6 6 2 1

Laffey 12-3 0 0 0 0 1

Coello L-0 1 1 1 0 2

Oliver 1-3 0 0 0 0 0

Cordero 1 1 0 0 1 2

Milwaukee

Wolf 6-13 8 4 4 1 6

Loe A-2 B-5 2-2 2-3 1 2

Fr.Rodriguez H-14 1 0 0 0 0 0

Axford S-12-15 1 0 0 0 0 1

HPB—by Wolf (Bautista). T—252.

A—32,223 (41,900) at Milwaukee, Wisc.

Tuesday's game — All Times Eastern

Baltimore (Tom.Hunter 3-3) at N.Y. Mets

(J.Santana 4-3), 7:10 p.m.

Miami (Buehrle 7-2) at Boston (Buchholz 7-2),

7:10 p.m.

Kansas City (Hochevar 3-7) at Houston

(W.Rodriguez 6-4), 8:05 p.m.

Chicago Cubs (T.Wood 0-3) at Chicago White

Sox (Peavy 6-2), 8:10 p.m.

Toronto (Undecided) at Milwaukee (Marcum

5-3), 8:10 p.m.

Seattle (Er.Ramirez 0-1) at Arizona (D.Hudson

3-1), 9:40 p.m.

L.A. Dodgers (Harang 5-3) at Oakland (Mc-

Carthy 3-5), 10:05 p.m.

San Francisco (Zito 5-4) at L.A. Angels

(C.Wilson 7-4), 10:05 p.m.

Texas (Feldman 0-6) at San Diego (Volquez 3-6),

10:05 p.m.

Tuesday's game — All Times Eastern

Brewers 7, Blue Jays 6

Tuesday's game — All Times Eastern

Wednesday's game — All Times Eastern

Thursday's game — All Times Eastern

Friday's game — All Times Eastern

Saturday's game — All Times Eastern

Sunday's game — All Times Eastern

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Wednesday's game — All Times Eastern

Thursday's game — All Times Eastern

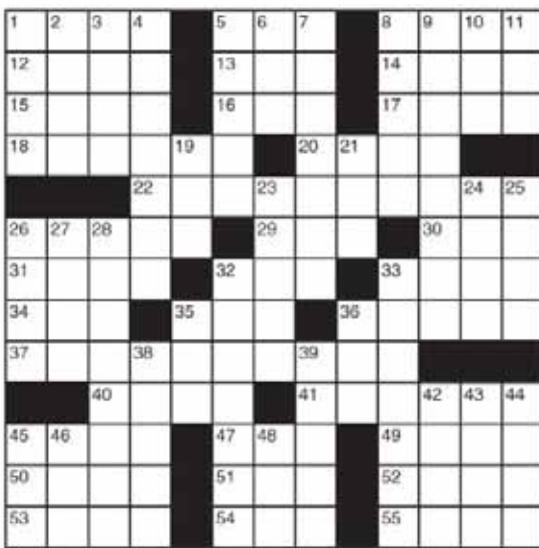
Friday's game — All Times Eastern

Saturday's game — All Times Eastern

Crossword

Across
1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Sechondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound

Down
1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan



39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud

45 Interlaken interjection
46 Pi follower
48 Ode subject

Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

X H W F J * I B N J G Z N F I B
Q Y B B C W A Z R S R T T F A Z B I
G F N Y B A X A F I Q F S B G P J T C Q R W

W F J * I B H R Q A T W Q J Y B I X F I
Yesterday's Cryptoquip: THE CROPLAND IS
CHOCK-FULL OF SNAKES. I SUPPOSE YOU
MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

Horoscope

Aries | March 21 - April 20.

You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21.

Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20.

If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July

22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profit-

able too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No

matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22.

You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21.

Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec.

21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done.

Capricorn | Dec. 22 - Jan. 20.

Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb.

18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March

20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

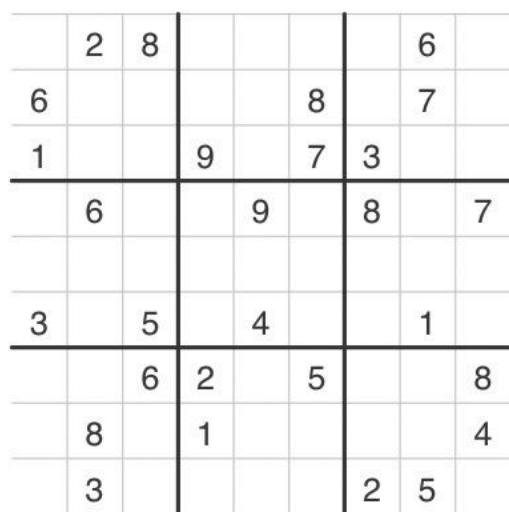
Sharability



easy

hard

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Weather

TUESDAY

WEDNESDAY

THURSDAY



MAX: 16°
MIN: 11°



MAX: 19°
MIN: 8°



MAX: 22°
MIN: 10°



MICHELE McDougall
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Caption Contest

"I think I can, I think I can."

bilyana

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